



Colorectal Cancer Palm Card

Instructions:

1. **Print**
2. **Fold paper in half between palm card boxes**
3. **Cut around outside border of palm card boxes**



Colorectal Cancer - Screening Saves Lives

If you're 50 or older, getting a colorectal cancer screening test could save your life. **Here's How:**

- Colorectal cancer usually starts from polyps, or growths, in the colon or rectum. Over time, some polyps can turn into cancer.
- Screening tests can find polyps, so they can be removed before they turn into cancer.
- **Screening tests find colorectal cancer early, and increase the chance of being cured.**

1-800-CDC- INFO (1-800-232-4636)

Symptoms of Colorectal Cancer?

Someone could have polyps or colorectal cancer, without having any symptoms. If there are symptoms, they may include:

- Bloody, black or narrow stools (bowel movement).
- Pains, aches, or cramps in stomach that don't go away.
- Losing weight and you don't know why.

If you have any of these symptoms tell your doctor. They may be caused by something other than cancer.

Free screening may be available. Check this website:

www.suffolkcountyny.gov/cancerawareness



Tip: prevention is the best medicine. Research shows that 45% of colorectal cancers are preventable each year through diet, maintaining a healthy weight, and being physically active!